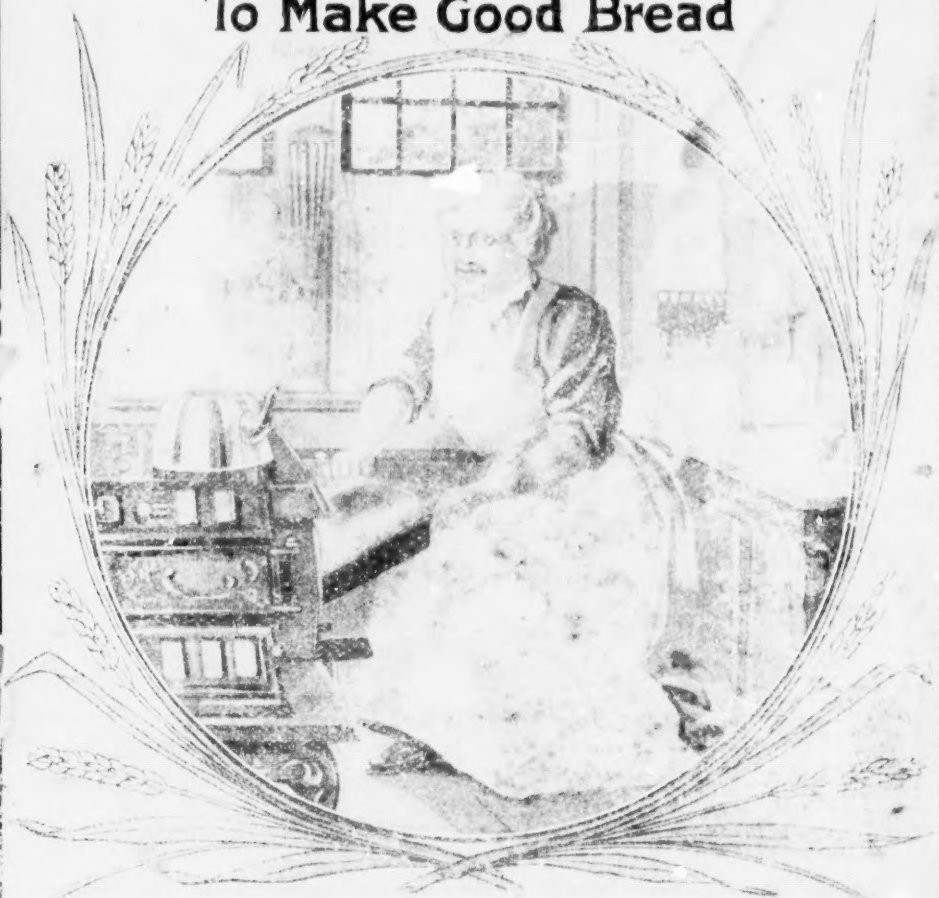




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# Good Bread

This Book Tells How  
To Make Good Bread



PRESENTED WITH THE COMPLIMENTS OF  
GEO. W. JOHNSTON - Druggist  
COWANSVILLE - Quebec

# PROOF THAT VINOL IS

Unequalled as a Remedy for the Ailments for which it is Recommended

Over 7000 Druggists Guarantee and Recommend Vinol as the best Cod Liver Preparation and Tonic Reconstructor in the World—and Countless Physicians Endorse and Prescribe it. Such Testimony as the Following should be Convincing:

**"Where Other Tonics Fail  
Vinol Heals, Strengthens  
and Cures."**

J. C. Brady, the leading druggist of Fall River, Mass., says: "In cases where cod liver oil, emulsions and other tonics fail, Vinol will heal, strengthen and cure."

**"Great Confidence in the Curative Power of Vinol."**

Hunter & McGee, druggists, of Jackson, Miss., say: "We have great confidence in the strength creating and curative value of Vinol. At the present time five of our clerks are taking Vinol in preference to any other tonic."

**"Vinol Gives Universal Satisfaction."**

C. A. Potterfield, druggist, of Charleston, W. Va., says: "It is a pleasure to sell Vinol as it gives such universal satisfaction. I have used it in my family and the results were excellent."

**This Druggist "Sells More  
Vinol Than Any Other  
Medicine."**

Mr. Charles E. Rogers, druggist, of Elkton, Ky., says: "I consider Vinol one of the best remedies in my store, and sell more of it than any one medicine. I have also used Vinol in my family with excellent results."

**"Most Valuable Cod Liver  
Preparation, Body Builder  
and Strength Creator."**

Dr. J. E. Ennis, of Atlanta, Ga., says: "I believe Vinol to be the most valuable cod liver preparation, the best body-builder and strength creator known to medicine."

**"Prescribes Vinol in His Practice."**

Dr. W. N. Rand, of Evans Mills, N. Y., says: "I want to say that I have used and prescribed Vinol in my practice and it will do all you claim for it and more."

**"Best Cod Liver Preparation  
in the World."**

R. L. Coley, of The Coley Drug Co., Milan, Tenn., says: "I would not take anything for the good Vinol has done me. It is the best cod liver preparation in the world."

**Another One of the Many  
Physicians Who Prescribe  
Vinol.**

Dr. C. L. Drees, Goshen, Ind., says: "In cases where the curative influence of cod liver oil is needed, I prescribe Vinol, which I find to be far more palatable and efficacious than other cod liver preparations. It is a worthy cod liver preparation in which a physician may have every confidence."

769  
666  
1900  
When we tell you that we have never sold in our store such a dependable healing and strength creating tonic as VINOL our cod liver and iron preparation—and if it fails to do what we say in this book we will refund your money, it will show you our faith in Vinol.

# Why Vinol is the Best Remedy for Coughs, Colds, Bronchitis and all Throat and Lung Troubles, and as a Body-BUILDER and Strength Creator for Old People, Delicate Chil- dren, Run-Down Persons and to restore Strength after Sickness.

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It is an acknowledged fact that **Cod Liver Oil and Iron** are the two most successful Tonics — iron for the blood and the medicinal curative elements contained in Cod Liver Oil, for building up bodily strength and sound nerves and for the successful treatment of throat and lung troubles.

Old Fashioned Cod Liver Oil and Emulsions always had a serious drawback — that was the heavy, greasy oil which many persons could not digest. To overcome this objection, two noted French chemists, after years of study and experimenting, **discovered a method of separating the medicinal elements contained in the cod's liver from the useless oil or grease.** To these medicinal curative elements Tonic Iron was added — thus combining in Vinol in the most agreeable form the two most world-famed tonics, viz : — all the medicinal elements of Cod Liver Oil and Tonic Iron, **without a drop of oil or grease.**

It is for these reasons that Vinol is fast superseding old fashioned Cod Liver Oil and Emulsions.

Vinol is delicious to the taste, easily assimilated and agreeable to the weakest stomach. Children love it.

**A Real Cod Liver Medicine without Cod Liver  
Taste or Smell. Contains no Oil or Grease.**

# How to Have Good Bread

## To Have Good Bread the Following Rules Must be Observed

Use the best flour, it is the cheapest in the end.

Always sift flour or meal for bread twice.

Part milk and part water is preferable for mixing raised bread. If milk is used, scald it first and let it cool to blood heat before using. In winter the water or milk used in mixing should be lukewarm, and if the flour be kept in a cold place, warm it before using. In summer the water need not be warmed, but the milk should be scalded and cooled.

To make biscuits crisp use water instead of milk for mixing and double the quantity of shortening.

Bread should be kneaded until perfectly smooth, and so elastic that an indentation made with the finger will instantly fill up again.

Bread should be double its bulk at the first rising in four hours, and in one hour at the second rising.

A new baking pan should always be burned blue in the oven before it is used for bread.

Bread should be kept in large tin boxes, or earthen jars which should be scalded frequently, then dried in the sun.

## Famous Cooking School Recipe for Baking Powder.

Any Woman Using This Recipe Can Make a Better Baking Powder Than She Can Buy and It Will Be Absolutely Pure.

One pound of pure cream of tartar, one-half pound of cooking soda, one-half pound of corn starch. Mix together and sift seven times through a hair sieve.

This more than fills two one-pound cans and makes a pure baking powder that is absolutely reliable.

## Never-Failing Potato Yeast.

Boil three good sized potatoes. When well done mash fine and add enough water to make one quart. When lukewarm, add one tablespoonful sugar and one tablespoonful flour mixed together. Then add one-half of a yeast cake mashed fine. Set away in a covered vessel and when the potato rises to the top it is ready for use and will keep for weeks in a cool place.

## White Raised Bread.

Sift two quarts of flour into a mixing bowl. Rub into the flour two tablespoonfuls of butter or lard until it is fine, like meal; add one scant tablespoonful of salt, and one tablespoonful of sugar. Draw the flour to the edges of the bowl leaving a hole in the middle with about two inches of flour covering the bottom of the bowl.

Dissolve thoroughly one cake of compressed yeast in a teacupful of lukewarm water, and pour the liquid into the hole in the flour, stir in the flour from the edges, adding sufficient lukewarm water, or milk and water mixed, to knead well. Knead for half an hour, then cover to exclude all air, and set to rise. When it is well risen, knead again for ten minutes, divide into loaves and put in well-greased pans. Cover, and let it rise again to the top of the pans. Bake in a moderately hot oven nearly one hour.

**VINOL Builds up the  
Weak and Run-down and  
Creates Strength.**



# For Coughs, Colds and Bronchitis try Vinol

Coughs, colds and bronchitis are usually caused by exposure to cold, getting wet, sitting in drafts, cooling off too suddenly when overheated, and often accompany diseases like grippe, measles, run-down condition, etc.

Cough syrups are palliatives only—not curatives—and often upset the stomach, and not one person in twenty can take greasy cod liver oil and emulsions owing to the nauseating taste and odor.

## Vinol

is a specific throat and lung healer—it goes to the seat of the trouble at once, stops the cough and heals the inflamed surface of the bronchial tubes.

Moreover, it builds up the patient's strength at the same time.

It is the combined action of the medicinal, curative elements of the cods' livers, without the greasy oil, aided by the blood-making and strength-creating properties of tonic iron that makes Vinol so efficient in treating chronic coughs, colds and bronchitis, at the same time building up the weakened, run-down system.

## Our Guarantee.

We have had so much experience with Vinol and seen such remarkable results from its use, that we offer to return your money without question if it does not accomplish all we claim for it.

Can anything be more fair? Try Vinol on our guarantee.

## Proof that Coughs, Colds and Bronchitis Yield to Vinol.

### "Chronic Cough Yields to Vinol."

Percy E. Smith, Ottawa, Ont., says: "For two years I had a severe cough accompanied by spitting of blood. I was discouraged for I had tried different physicians and medicines, obtaining only temporary relief. Hearing of Vinol I decided to try it. The first bottle helped me and by the time I had finished the third bottle the cough and the spitting of blood had disappeared."

### Vinol Stopped His Cough.

Mr. George Cole, of Kincardine, Ont., says: "For years I suffered from catarrh and a cough, was run-down owing to a severe attack of bronchitis, and after seeking relief in vain from several so-called remedies, I took Vinol, which completely restored my usual vigor, entirely removed the mucous and cured the cough. I consider Vinol the greatest and most beneficial remedy ever offered the public, and am glad to testify to its efficiency."

### "Vinol Best for Coughs."

Mrs. Howard Wagner, Milton, Pa., says: "I had a chronic cold and cough; would cough until midnight. Doctors and medicines failed to help me. Vinol stopped the cough, gave me a hearty appetite and I gained 12 pounds."

## Recipes for Bread—Continued

### Graham Bread.

Dissolve one-half of a yeast cake in one-half cup of warm water.

Melt two tablespoonfuls of butter in one cup scalded and cooled milk, add one teaspoonful salt, one-half cupful of molasses; add the yeast and stir in two and one-half cupfuls of graham flour, and one and one-half cupfuls of white bread flour, mixing together very thoroughly, as it will not be firm enough to knead. Cover and let stand over night.

In the morning, cut the dough through and through with a knife, turning it over and over. Then turn it into one large or two small buttered bread pans. Smooth the top with a knife and let it stand until it is nearly double in bulk. Bake about one hour.

**Tell your friends who are run down about Vinol.**

### Rolled Oats Bread.

One cup rolled oats, one-half tablespoonful salt, one tablespoonful lard, one-half cup molasses.

Pour two cups boiling water on to the oats and let stand one hour. Then add one-half of a yeast cake dissolved in one-quarter cup of warm water. Add the molasses and lard and four and one-half or five cups of bread flour, mix stiff, let it rise over night. In the morning knead well and make into loaves. Let it rise again and bake in a moderately hot oven.

### Rye Bread.

One quart rye meal, two quarts white flour, tablespoonful each of salt, sugar and lard; one yeast cake dissolved in a little warm water, one quart lukewarm water. Mix harder than white bread, let rise over night. In the morning put in tins, let rise again and bake in a slow oven one hour.

### Whole Wheat Bread.

Three pints of whole wheat flour, two teaspoonfuls sugar, one teaspoonful salt, one cup lukewarm water, one cup lukewarm milk, one tablespoonful butter, one compressed yeast cake.

Put milk, salt, butter and sugar into a mixing bowl. Add to it water in which the yeast has been previously dissolved. Then add the flour gradually, reserving a little for use in kneading. The dough should be kneaded thoroughly, but kept soft. After kneading set in a warm place to rise for from 2 to 3 hours. When light turn out on a floured kneading board, divide into two equal parts and knead again thoroughly. Place in well greased pans and set to rise for from three-quarters of an hour to an hour. When well risen bake for an hour in a slower oven than is required for white bread. After the bread is baked remove from pans and cool. If set over night use one-half cake of compressed yeast.

**Vinol is a wonderful strength creator for delicate children.**

# Weak Lungs Made Strong by Vinol

The medical profession do not believe that consumption is inherited, but a person may inherit a weakness or tendency to that disease.

Neglected coughs and colds exert a weakening influence upon all the organs of respiration and unless checked in their early stages are apt to break down the function of respiration and lead to consumption.

The best possible treatment is fresh air, sunlight, nutritious food and

## Vinol.

There is no class of diseases in which Vinol shows its power for good more than in such troubles, and wherever old-fashioned cod liver oil or emulsions will do good Vinol will do far more good.

Vinol soothes and heals the inflamed surfaces and allays the cough, Vinol creates an appetite, strengthens the digestive organs, makes pure, healthy blood and creates strength.

## Our Guarantee

Try a bottle of Vinol with the understanding that your money will be returned if it does not help you.

## Proof that Vinol Makes Weak Lungs Strong.

### "Wonderful for Weak Lungs."

A. J. Gilmour, London, Ont., says: "I was ill for over a year before taking Vinol. I had tried Cod Liver Oil, also other remedies. I was influenced to try Vinol by seeing it advertised and I can safely recommend it to anyone requiring a first-class tonic. It is quite palatable and pleasant to take, with all the nourishing qualities of the best cod liver oil. For chronic coughs and colds or bronchial troubles it is without an equal, at the same time building up the run-down system, strengthening the appetite and producing sound sleep."

### "Nothing Like Vinol for Weak Lungs."

J. W. Barnes, Henderson, N. C., says: "I can say with all my heart that Vinol is the best medicine I have ever heard of for weak lungs and colds. It cured my boy when everything else failed. I can't say too much for it. You can use my name with pleasure to all the world as I think there is nothing like Vinol."

## Fresh Air, Sunshine,

nourishing food, exercise—and Vinol will work wonders for all who are inclined toward consumption. Don't lose courage until you have given this treatment a thorough trial.



## Recipes for Bread—Continued

### Raisin Bread.

One yeast cake, one cup of lukewarm water, one cup of milk scalded and cooled, six cups sifted flour, three-fourth cup sugar, four tablespoonfuls of lard or butter, three-fourth cup raisins, one teaspoonful salt.

Dissolve yeast and one tablespoonful sugar in the lukewarm water, add two cups of flour, the lard or butter and sugar well creamed, and beat until smooth. Cover and set aside to rise in a warm place, free from draft, until light—about one and one-half hours. When well risen, add raisins well-floured, the rest of the flour to make a soft dough, and lastly the salt. Knead lightly. Place in a well-greased bowl, cover and let rise again until double in bulk—about one and one-half hours. Mold into loaves, fill well-greased pans half full, cover and let rise again. Glaze with white of egg diluted with water, and bake forty-five minutes.

**Tired, sickly women should work less, rest more and take Vinol.**

### Boston Brown Bread.

Three-fourths cup rye meal, one-fourth cup Indian meal, one-fourth cup graham meal, three-fourths cup bread crumbs, three-fourths cup molasses, two cups sour or sweet milk, two teaspoonfuls of soda if sour milk is used, or one and one-half teaspoonfuls soda if sweet milk is used. Add a little salt and raisins if desired. Steam in brown bread tin for three hours.

### Pumpernickel or German Rye Bread.

One cup scalded milk, one cup boiling water, one tablespoonful lard, one tablespoonful butter, one and one-half teaspoonfuls salt, one-half of a yeast cake dissolved in one-fourth cup of warm water, one tablespoonful sugar, six cups rye flour. After first rising, while kneading add one tablespoonful of caraway seed; put in bread pan, let rise again and bake in a slow oven.

### Nut Bread.

Four cups sifted flour, four even teaspoonfuls of baking powder, one teaspoonful salt, one cup of chopped English walnuts, two eggs well beaten, one-half cup sugar, two cups milk. Let it rise by standing in pans for twenty minutes before baking. Bake thirty to thirty-five minutes. This makes two loaves.

### Raised Tea Biscuit.

Into one pint sifted flour rub one tablespoonful of butter, one tablespoonful lard and a little salt. Dissolve one compressed yeast cake in a pint of lukewarm water and make a moderately stiff dough. Set in a warm place to rise. In about an hour they should be risen, then make into biscuits, set to rise again, and bake in a quick oven. When done brush over the tops with milk.

**Vinol creates strength for old people, delicate children and all weak persons.**

# Old People Made Strong by Vinol

As one grows old the waste of the system becomes more rapid than repair, the organs act more slowly and less effectually than in youth, the circulation is poor, the blood thin, the appetite poor and digestion weak.

## Vinol

is the ideal strengthener and body-builder for old folks, for it contains the very elements needed to rebuild wasting tissues and replace weakness with strength.

Vinol also fortifies the system against colds and thus prevents pneumonia.

If people only realized the good Vinol does old people, we would not be able to supply the demand.

## Our Guarantee.

We unreservedly endorse and recommend Vinol for old people and if it fails to build up the feeble, weakened system, and create strength, we will return the entire amount of money paid us for it.

## Growth and Life of Animals.

Man grows for twenty years and lives ninety to one hundred years. The horse grows for five years and lives thirty years. The cow grows for four years and lives twenty years. The dog grows for two years and lives fourteen years. The cat grows for eighteen months and lives nine or ten years.

Statistics prove that the average life of man is but thirty-one years, but fresh air, cheerfulness, exercise, temperate living and Vinol are great aids to longevity.

## Proof that Vinol Creates Strength for Old People.

### "Vinol Made Her Strong."

Mrs. Elizabeth White, Knoxville, Tenn., says: "I am 69 years old and was in a weakened run-down condition, had a severe cough and no appetite. Vinol has made me strong, cured my cough and has given me a healthy appetite."

### "Vinol Built Him Up."

Mr. J. N. Kelley, aged 75, who lives at Lake Charles, La., says: "I took Vinol for a weakened, run-down condition; it not only built up my strength, but I feel fifteen years younger than I did before taking it."

### If People Only Knew

Mrs. Mary Ivey, of Columbus, Ga., says: "If people only knew the good Vinol does old people, I am sure you would be unable to supply the demand. I never took anything before that did me so much good as Vinol. It is the finest tonic and strength creator I ever used in my life."

## Recipes for Bread—Continued

### Baking Powder Biscuits.

Three even cupfuls bread flour, one-half teaspoonful salt, two heaping teaspoonfuls baking powder; sift together three times. One rounding tablespoonful of shortening rubbed thoroughly into flour, etc. Break an egg into measuring cup, then fill cup with milk, also add one-half cup more of milk. Pour all into flour and mix up with a knife and stop mixing the moment it has formed into dough. Put the dough onto floured board, flatten with the hands to the right thickness, cut into biscuit, and place in a well-greased pan. Melt a little butter, spread on top of biscuit and bake in a hot oven about fifteen minutes.

### Parker House Rolls

(Original Parker House Recipe)

One large coffee cup cold boiled milk, teaspoonful salt, large tablespoonful sugar, same of shortening. Rub flour, salt and shortening together. Use half a cake of compressed yeast, dissolved in the milk, and mix same as for bread, till the knife or spoon used in mixing cleaves from the dough. Use bread flour and do not mix more than till you see if it makes it enough. If not, add what may be needed. Rise over night, cut down in the morning, let rise again, cut down and rise the third time. Then knead the dough smooth and rise once more. Then roll out, cut with a biscuit cutter, about half an inch thick; dip your finger in a dish of melted butter, rub over the

top, fold, and put to rise in pan the last time. Bake in a hot oven fifteen minutes.

### Delicious Rolls.

Dissolve one yeast cake in a cup of lukewarm water. In a mixing bowl make a paste of one cup water and flour sufficient to make it the thickness of cream. In this, beat two eggs as light as can be, and add one tablespoonful of sugar, one of lard, and one scant tablespoonful of salt, mix with the dissolved yeast and let stand over night. The next morning sift any quantity of flour desired and make up with the yeast mixture and lukewarm water. Knead and beat with rolling pin until the dough "blisters" in places as it is kneaded. Set aside until it rises, then knead once more, make into rolls, grease each one well as it is placed in the pan and set aside to rise well. Bake in a moderate oven.

### Rye Biscuits.

One cup boiling water, one cup rye flakes, two teaspoonfuls butter, one-third cup molasses, one and one-half teaspoonfuls salt, one yeast cake dissolved in one cup lukewarm water, four cups flour.

Add boiling water to rye flakes and let stand one hour, add molasses, salt, butter, dissolved yeast cake, and enough flour to knead. Let it rise, beat thoroughly, cover hands well with flour, shape into biscuits, put into buttered pans, let rise again, and bake.

## For Run-Down Conditions try Vinol

Run-down conditions are caused by overwork, worry, too close confinement, or a chronic cough or cold which it is difficult to cure.

There are hundreds of people in this vicinity who are run-down and hardly able to drag about, don't know what ails them.

If you are weak, nervous, all tired out, generally run-down, no strength, energy or appetite,

### You Need Vinol.

the great strength creator. It will supply iron to the blood in the most easily assimilated form, create a good, healthy appetite, strengthen your digestive organs and make you eat better, sleep better and feel better.

### Our Guarantee.

We know Vinol to be a real cod liver and iron medicine, of great curative and strength creating value, therefore we endorse and recommend it, and guarantee to refund the money to any purchaser who does not receive beneficial results from its use for all run-down conditions of the system.

### Proof That Vinol Will Build You Up and Create Strength.

#### "Completely Restored to Health."

Isabella McClellan, of Kingston, Ont., says: "For over a year my brother, James McClellan, was run down and very low from asthma and bronchial pneumonia. His stomach was so weak he could not keep medicine or food on it. A friend brought him a bottle of Vinol and it helped him right away. He took four bottles of Vinol and it strengthened him and gave him a good appetite. I can recommend Vinol as a splendid medicine."

#### "Vinol Succeeds Where Others Fail."

Mrs. Walter Price, Biloxi, Miss., says: "For months I was in a run-down condition following a severe bilious attack. I had taken several medicines but they seemed to do me no good. Finally Vinol was recommended, and from the first bottle I noticed a great improvement. I continued its use and I feel strong and as well as ever."

### For the Cook

One quart of sifted flour is one pound.  
One pint of granulated sugar is one pound.  
Two cups of butter packed are one pound.  
Ten eggs are one pound.  
Five cupfuls of sifted flour are one pound.  
A wine-glassful is half a gill.  
Eight even tablespoonfuls are a gill.  
One teaspoonful of soda to a quart of flour.  
Four even saltspoonfuls make a teaspoonful.



## Recipes for Bread—Continued

### Sea Foam Rolls.

Scald a pint of sweet milk and add one tablespoonful sugar, one teaspoon salt, and butter the size of an egg. When luke warm add one-half a yeast cake dissolved and three cups flour. Set to rise three hours, then add flour to knead. Let rise again and then shape into rolls by rolling each one oblong and brush with butter and fold over. Let rise until very light and bake thirty minutes. If wanted for supper, mix at about 10.30 a. m. and shape them at 4 p. m.

### Spiced Rolls for Lunch- eons.

Take a piece from your bread dough and roll it out one-half inch thick, brush the top with melted butter and cover thick with cinnamon and fine white sugar; commence at one side roll up as for jelly cake; then cut it an inch thick and lay in a pan as biscuit, close together; let rise and bake twenty minutes.

### Buns.

Three cups milk, one cup sugar, one cup yeast, add flour enough to make a stiff batter let rise over night. In the morning add one and one-half cups sugar, three-quarters cup butter, two-thirds cup currants, two teaspoonfuls lemon extract. Let rise in the m. When light, roll out and cut with a small biscuit cutter and place in buttered baking pan. Let rise again until very light and bake in a quick oven. Brush over the top with white of an egg.

### Graham Muffins.

One and one-quarter cups graham meal, one cup flour, one cup sour milk, one-third cup molasses, three-fourths teaspoonful soda, one scant teaspoonful salt.

Mix and sift the dry ingredients; add milk to molasses and combine mixtures. Bake in hot buttered muffin rings.

### Rye Muffins.

Two cups rye meal, one cup flour, one egg, one-fourth cup molasses, one teaspoonful soda, two teaspoonfuls cream of tartar, one-half teaspoonful salt. Mix with milk, not too soft, and bake in hot buttered muffin rings.

### Rye and Graham Muffins.

One and one-half cups of sour milk, three-fourths cup of rye meal, three-fourths cup of graham meal, one even tablespoonful of sugar. Sift in one-half teaspoonful of salt and one even teaspoonful of soda. Mix together, then add one egg well beaten. Stir until smooth and pour into hot buttered gem pans and bake twenty minutes in a hot oven.

It is the medicinal elements of the cods' livers, contained in Vinol, aided by the blood-making and strengthening properties of tonic iron which makes it so successful in all weakened, run-down, anaemic conditions.

# Delicate Children Made Strong and Healthy by Vinol

Growing children play hard and work hard at school, which, with rapid growth uses up an enormous amount of energy and vitality that must be replaced.

When a child is tired all the time, no appetite, weak, delicate and sickly, we guarantee

## Vinol

will build them up, create a hearty appetite, sound flesh and muscle tissue, pure, healthy blood, and make them strong, robust and rosy.

Vinol contains no oil or grease and does not upset their weak, delicate stomachs, like old-fashioned cod liver oil or emulsions.

Vinol is the one cod liver preparation that children love to take and is easily assimilated by their delicate digestive organs. It builds up firm, healthy flesh and makes thin little limbs round and plump.

## Our Guarantee.

We guarantee Vinol to be the best body building and strengthening tonic for delicate, sickly children. If it fails we will return your money.

## Proof that Vinol Makes Delicate, Ailing Children Strong and Healthy.

### Wonderful Medicine for Delicate Children.

Mrs. W. H. Palmer, Madoc, Ont., says: "I am very much pleased with what Vinol has done for my little girl. She had no appetite whatever. My druggist advised us to try Vinol and we did so. Her appetite has been good ever since taking Vinol, and it has built her up."

### Frail, Weakly Child Made Strong by Vinol.

Mr. Geo. Ward, of Picton, Ont., says: "Our little girl, six years old, was very much run down with bronchitis, general weakness and loss of appetite. Vinol was recommended and I take pleasure in stating that it helped her very much."

W. R. Boon, Montreal, Quebec, says: "I have used Vinol in my family, both for myself and children, with excellent results."

## About Birthdays

They say the luck of life begins with the first breath; and it makes all the difference in the world whether you are born on a Thursday or Sunday. This is the way an olden rhyme sets forth the matter:

Monday's child is fair of face,  
Tuesday's child is full of grace,  
Wednesday's child has far to go,  
Thursday's child is filled with woe,  
Friday's child is loving and giving,  
Saturday's child must work for its living;  
The child that is born on the Sabbath Day  
Is plump and bonny and rich and gay.

## Recipes for Bread—Continued

### Bran Muffins.

Three cups wheat bran, one cup flour, one-half cup molasses, one-quarter cup milk, one teaspoonful soda, a little salt. Bake in muffin pans.

### McKinley Muffins.

One egg, one-half cup corn meal, one cup flour, one teaspoonful baking powder, two tablespoonfuls sugar, one cup sweet milk, little salt, two tablespoonfuls melted butter. Bake in hot buttered muffin pans.

### Run-Down People are Made Strong by Vinol.

Because it supplies iron to the blood in the most easily assimilated form, creates healthy appetite, strengthens your digestive organs and make you eat better, sleep better and feel better.

### Egg Muffins.

Two cups flour, one and one-half cups milk, two tablespoonfuls sugar, one tablespoonful butter, two teaspoonfuls baking powder, one egg well-beaten, one-fourth teaspoonful salt. Bake in hot buttered muffin pans.

### Date Muffins.

One cup sugar, one tablespoonful butter, one egg, one cup milk, two cups flour, two teaspoonfuls baking powder, one-half pound chopped dates. Bake in muffin rings in a moderate oven.

### Blueberry Muffins.

Cream one-quarter cupful of butter, gradually add one-third cupful of sugar while beating constantly. Add one egg well beaten. Then take two and one-third cupfuls of flour, four level teaspoonfuls of baking powder and one-half teaspoonful of salt sifted together, and add with one cupful of milk to first mixture. Mix one cupful of berries with one-third cupful of flour and add to the batter. Bake in hot buttered gem pans.

### Corn Bread.

One and one-fourth cups of bread flour, one cup cornmeal (not the powdered meal), one even teaspoonful soda, two even teaspoonfuls cream of tartar, one of salt, three-fourths cup of sugar, sift all together three times. Add one egg, three tablespoonfuls of melted butter, one and three-quarters cups of sweet milk. Mix well. Pour into a shallow pan and bake in a medium hot oven.

### Squash Muffins.

One tablespoonful of boiled, strained squash, one tablespoonful butter, two tablespoonfuls sugar, one-half cup yeast, one pint sweet milk, scalded. Add sufficient flour to make thick as pan cakes, and bake in muffin pans.

**Let Vinol Build You Up  
and Make You Strong.**

## After Grippe—or Any Sickness Vinol Creates Strength

There is just one thing the matter with a person who has been sick; that is weakness.

The grippe leaves in its wake poor devitalized blood, nervousness and weakness.

Fevers leave the patient in a condition of prostration.

Pneumonia leaves the strength depleted and the lungs weak.

Children's diseases leave them weak, delicate and thin. We recommend

### Vinol

our delicious cod liver and iron tonic without oil as the best remedy to hasten recovery and build up health and strength.

In a natural manner Vinol acts upon the stomach, creates a hearty appetite, strengthens the digestive organs, makes pure, healthy blood, promotes sound sleep and builds up the weakened, nervous, depleted system to health and vigor.

We have found Vinol to be the greatest of all body-building, strengthening and healing medicines.

### Our Guarantee.

If you don't find Vinol does what we claim for it we will return your money.

### Fresh Air and Sunshine

Keep the sun in the house. It is the best help to health. Air bedding in the sun, open the closets and let good air get to the

Do not keep the parlor shut up until it becomes dusty. The house and everything in it were made for use and enjoyment and that is all the good we get from them. Keep the house neat, but do not always be scrubbing imaginary dirt; keep the strength to do something more useful.

### Proof that Vinol Creates Strength After Sickness.

#### Made Strong by Vinol.

Mr. John D. Graham, Bowmanville, Ont., says: "I was sick with pluro-pneumonia for twelve weeks, and after I got around I did not gain very fast. I took nine bottles of Emulsion of Cod Liver Oil, but the pains in my lungs were still there. I was recommended to try Vinol, so I bought a bottle and before I had finished the first bottle the pains were all gone and I was well and strong."

#### "Vinol Restores Health."

Mrs. M. T. Gardner, Chicago, Ill., says: "After a very serious operation, as a result of which I was a total invalid for nearly a year and a convalescent for many months thereafter the remedies prescribed failed to restore my strength. Vinol was recommended. Without the least faith in its merits I took it and it brought back my strength, which I had despaired of ever recovering. I can say, conscientiously, that for nervous, run-down people, Vinol is an excellent remedy."



## Recipes for Bread—Continued

### Buckwheat Griddlecakes.

Stir one cup cornmeal into one quart scalding milk and add one scant teaspoon salt. Cool, add one-half a yeast cake dissolved in one-quarter cup lukewarm water then stir in enough buckwheat flour to make a soft batter. Let rise over night, add one tablespoon molasses and one teaspoon soda dissolved in one tablespoon hot water, and bake on a soapstone griddle.

### Corn Griddle Cakes.

To one and a half pints of corn meal stir in boiling water until it is a stiff mush and set away to cool. Then add one egg, one and one-half pints flour, one teaspoonful soda and a little salt, buttermilk enough to make a batter not too thin, and cook on a hot griddle. If sweet milk is used, add two teaspoonfuls cream of tartar.

### Women Should Remember

That Vinol combines two world-famed tonics, the healing medicinal properties of cod liver oil and tonic iron; therefore unexcelled as a strength creator.

### Graham Gems.

Two cups graham meal, two cups flour, two cups milk, one-half cup sugar, two eggs, two spoonfuls cream of tartar, one teaspoonful soda, one tablespoonful melted butter, one-half spoonful salt.

Sift soda, cream of tartar and salt with the flour, beat the eggs and add with the milk, and last the butter. Bake in very hot gem pans.

### Whole Wheat Gems.

Two cups wheat flour, one-half cup sugar, one cup milk, one egg, one tablespoonful melted butter, two teaspoonfuls baking powder, one-half teaspoonful salt. Bake in gem pans.

### Rolled Oat Gems.

One cup Rolled Oats, one pint boiling water. Let stand one hour. Add one teaspoonful salt, one-half cup molasses, one-half yeast cake, dissolved in a cup of lukewarm water, one quart flour; let rise over night and in the morning let rise again in gem cups and bake.

### How to Have Good Hair and Lots of It.

Mrs. Kate Seaton Mason, the noted English hair specialist, attributed her wonderful success in making the hair grow to Mrs. Mason's Old English Hair Tonic and Shampoo Cream which for many years were sold only to private customers who could afford to patronize her, among whom were Duchess of Marlborough, Mme. Melba, the Vanderbilt family, Mrs. Levi P. Morton, etc.

Now, any one can obtain these preparations at Vinol drug stores. If they are out of them don't waste time experimenting with ordinary preparations, but send direct to Paxton Toilet Co., 221 Columbus Ave., Boston, and get them by parcel post prepaid. It will amply repay you.

Hair Tonic, \$1; Shampoo Cream 25c. enough for several shampoos.

## For Stomach Troubles Try Vinol

Health depends upon good digestion and very few persons reach the age of forty without suffering from indigestion in some form or other. Your strength, your very life depends upon the nourishment you get from your food and unless your digestion is good your whole body will suffer.

If your food distresses you, if you have weight or pain in the stomach, sour stomach, headaches, bad taste in the mouth, offensive breath, gas in the stomach, with bloating or flatulence and coated tongue, you need Vinol.

Vinol makes weak stomachs strong because it strengthens and tones up the weakened, tired and overtaxed nerves of the digestive organs. Where cod liver oil, emulsions and other remedies upset and derange digestion Vinol finds a welcome and is easily assimilated by the weakest stomachs. Moreover Vinol is delicious to the taste.

### Our Guarantee.

Try a bottle of Vinol with the understanding that your money will be returned if it does not help you.

### Food and Drinks to be Avoided by Dyspeptics.

All fried foods, rich soups, pork, liver, veal, corn, meats, prepared meats, turkey, goose, duck, salmon, salt mackerel, blue fish, sardines, lobster, cucumbers, cabbage, parsnips, egg plant, turnips, carrots, sweet potatoes, string beans, pastry and pies, dried and candied fruits, cheese, ice water, strong tea, all malt liquors, and all sweet wines.

### Proof that Vinol Cures Stomach Troubles.

#### Digestion Much Stronger.

Mr. Ditmor Spees, Wapakoneta, Ohio, says: "I had a bad stomach trouble for years and became so weak that I could not keep food on my stomach. My appetite was very poor, and it seemed impossible to get any relief. Since taking three bottles of Vinol I find that it has already made a remarkable improvement in my health, my digestion is much stronger, and I have gained in weight."

#### Stomach Trouble Disappeared.

Mrs. H. J. Smith, Thomasville, Ga., says: "One of my friends advised me to take Vinol and it has done me great good. The tired, worn-out feeling is all gone and I am so much stronger, vigorous and better. The stomach trouble soon disappeared and now I eat heartily and have perfect digestion. I wish every tired, weak, nervous woman would try Vinol."

## Recipes for Bread—Continued

### Parker House Corn Cake.

Mix one cup flour, one cup Indian meal, one and one-half teaspoonfuls cream of tartar, one teaspoonful soda, one-fourth teaspoonful salt. Then mix one egg, one-half cup sugar, piece of butter size of an egg, one cup warm milk. Pour into the dry mixture. Beat well and bake in shallow, buttered pan.

### Virginia Corn Cakes.

Make a custard from two eggs well beaten, one-half cup milk, and one-half tablespoonful of sugar, beat into this three-quarters of a cup of ~~corn~~ corn. Sift together twice, seven-eighths of a cup of flour, one tablespoonful baking powder and one-half teaspoonful salt; beat well into the other mixture and bake in buttered muffin rings in a moderate oven until done.

### Do You Lack Energy?

When your energy begins to fail, build yourself up with our delicious cod liver and iron tonic, Vinol, the great strength creator.

### Kentucky Corn Dodgers.

Sift fine white cornmeal, any quantity desired and salt to taste. Mix with cold water into stiff dough. Form with the hands into round dodgers the size of a banana. Grease the little hot, grease a little with lard and put the dodgers on as you roll them. Bake in oven and bake thoroughly; when they will be crisp and a rich brown.

### Dixie Biscuits.

Three pints of flour, two eggs, one small cup yeast, one cup sweet milk, two teaspoonfuls of lard, one teaspoonful salt; mix about 11 A. M. Let it rise until 4 P. M. Then roll out and cut into biscuit two sizes, put the smaller one on top and let them rise again. Bake twenty minutes and serve hot for supper.

### Safe Medicine for Children.

Your frail, delicate child will thrive and grow strong by taking Vinol—a pure combination of the two most world-famed tonics, the medicinal elements of cod liver oil and tonic iron.

### Southern Corn Pone.

Two and one-half cupfuls of meal, one cupful of flour, one heaping tablespoonful of lard, a heaping teaspoonful each of salt and sugar, one even teaspoonful of soda, two cupfuls of buttermilk.

When sifting meal add the soda, salt and sugar. Rub lard in well. Add buttermilk, stir quickly, mold into pones, put in well greased pans and bake in hot oven.

### Corn Muffins.

One cup sugar, one and one-half cups sifted flour, one cup Indian meal, one egg, one tablespoonful melted butter, a little salt, two teaspoonfuls baking powder, one cup sweet milk. Mix well and bake in hot buttered muffin pans.

## Weak Women Made Strong by Vinol

How many women do you know who are perfectly well, strong and healthy as a woman should be? They may not be sick enough to lie in bed—but they are run-down, thin, nervous, tired and devitalized.

Women are so active nowadays, and so much is expected of them, that they constantly overdo and suffer from headaches, backache, nervousness and kindred ills.

### Vinol

is the most efficient strength creator for such women in the world. It is the medicinal elements of the cod's liver, aided by the blood-making and strengthening properties of tonic iron which makes it so far superior to all other tonics to build up health and strength for weak, tired, ailing women.

### Our Guarantee.

We have had so much experience with Vinol and seen such remarkable results from its use, that we offer to return your money without question if it does not accomplish all we claim for it.

Can anything be more fair? Try Vinol on our guarantee.

## Proof that Vinol Makes Weak Women Strong.

### Vinol a Wonderful Tonic.

Mrs. Stella Straughter, of Vicksburg, Miss., says: "I was run-down from overwork, always felt tired and took no interest in my housework I had taken several kinds of medicine with no result. I was advised by a friend to try Vinol. In a short time I began to feel stronger and that tired, dragged-out feeling was gone. Vinol is a wonderful tonic to build you up."

### "Stronger and Better Than for Years."

Mrs. G. E. Bauling, Louisville, Ky., says: "For some time past I have been very thin of flesh, weak, and hardly able to attend to my household duties. My druggist advised me to try Vinol. The first bottle did so much good I continued the remedy until I gained considerable flesh, and now feel strong and better than I have in years and I am able to do all my household duties with perfect ease."

## Facts About the Bible.

The Bible contains 3,566,480 letters, 773,476 words, 31,173 verses, 1,189 chapters, and 66 books. The word *and* occurs 467 times. The middle verse of the One Hundred and Eighteenth Psalm, the twenty-first verse of the seventh chapter of Ezra contains all the letters of the alphabet except the letter J. The nineteenth chapter of 11 Kings and the thirty-seventh chapter of Isaiah are alike. The longest verse is the ninth verse of the eighth chapter of Esther. The shortest verse is the thirty-fifth verse of the eleventh chapter of St. John.



## Recipes for Bread—Continued

### Hot Cross Buns.

Scald one and one-fourth cupfuls of milk, and when lukewarm add one yeastcake dissolved in one-fourth cup of lukewarm water. Add three and three-quarters cupfuls of flour, cover and let rise. Then add one-half cup sugar, one teaspoonful of cinnamon, one teaspoonful of salt, one tablespoonful each of butter and lard and two eggs well beaten. Cover and again let rise. Then turn on a floured board and knead in one-half cupful of currants. Cut in the form of biscuits and place on a buttered sheet one inch apart and again let rise. Brush tops with milk and bake in hot oven. Remove and garnish the top of each with a cross.

### Graham Puffs.

Beat one egg thoroughly, then add one pint sweet milk, one pint Graham flour, and a pinch of salt. Beat all briskly with egg beater, pour in hot greased gem pans and bake in hot oven.

### Fruit Tea Muffins.

Sift together two cups of Graham flour, two cups of white sugar, four rounded teaspoons of baking powder, one teaspoon of salt and one-half cup of sugar. Add one cup of seeded raisins and one cup of chopped walnuts, then add one egg well beaten with two cups of milk. Half fill buttered muffin pans and bake twenty-five minutes in a quick oven.

### Strawberry Short Cake.

Mix and sift two cups of pastry flour, four teaspoonfuls baking powder and one-half teaspoonful of salt. Work in two tablespoonfuls each of lard and butter, add gradually three-fourths cupful of milk. Roll in shape for pan and bake fifteen minutes. Split and spread with butter, fill and cover with mashed strawberries sweetened to taste.

### Pop Overs.

One cup milk, one egg, one cup flour, little salt. Beat egg very light, add milk and flour. Beat hard and bake in gem rings about twenty minutes.

### Rye Pop Overs.

Sift two-thirds cupful of rye meal, one-third cupful of flour and one-quarter teaspoonful of salt; then add one cupful of milk gradually, two eggs well beaten and one teaspoonful of melted butter. Beat with an egg beater three minutes. Turn into hot buttered gem pans and bake.

### Mocha Gems.

Cream two teaspoonfuls of butter and one of sugar, add one egg well beaten, mix one cup of coffee and one-half cup of milk; add it alternately with one and one-half cups of flour mixed and sifted with one and one-half teaspoonfuls of baking powder and one-half teaspoonful of salt. Then beat in one cup of rolled oats. Pour into hot buttered gem pans and bake twenty minutes in a hot oven.

# Anaemia—Poor Blood—Overcome by Vinol

Anaemia is impure, impoverished blood, for which Vinol is especially adapted. It is caused by insufficient nourishment, overwork, overindulgence, impure blood, too much indoor occupation, chronic catarrh, and imperfect assimilation of food.

As long as the blood is impoverished, thin and poor, you will be weak, pale and tired all the time, and diseases are easily contracted.

## Vinol

will purify and enrich the blood, or we will refund your money without question. Vinol is the greatest blood tonic we know of—the curative, strengthening elements of the cod's liver, aided by the blood-making, strengthening properties of tonic iron contained in Vinol, restore the lacking ingredients to the blood, and the result is health, strength and vigor.

**VINOL** is always sold with the understanding that if it does not give the patient perfect satisfaction his money will be returned.

## Proof that Vinol Overcomes Poor Blood and Anaemia.

### Anaemic Since Childhood

Miss Yvonne Helm, Fall River, Mass., says: "I have been weak and anaemic since childhood, always had that tired feeling, and felt exhausted after the least attempt at even ordinary housework. Time after time I was tried with lots of medicine, but Vinol was recommended. I bought a bottle and to my surprise the effects were almost immediate—and after taking three bottles, my appetite and digestion have been improved. I do not suffer any more from insomnia, and I have disappearing headaches as a result. I am pleased to recommend Vinol as a blood tonic to weak and sick."

### Anaemic Condition Overcome by Vinol

Mrs. M. L. Casady, Thosville, Ga., says: "My daughter, after a severe spell of typhoid fever, was left in an anaemic, nervous condition, no appetite and listless, we could not do anything that would help her, until we were advised to give her Vinol. She then showed marked improvement, her appetite, vim and look and her health was soon restored. As my child was an anaemic for so long the reason is all the stronger for me to recommend Vinol to others in a similar condition."

## Recipes for Bread—Continued

### Old-Fashioned Rye Pan Cakes.

One cup sour milk, one cup flour, one cup rye meal, four tablespoonfuls molasses, one egg, one teaspoonful soda. Drop with mixing spoon in deep fat and fry brown.

### Sally Lunn.

One quart flour, one pint milk, two tablespoonfuls sugar, two eggs, three tablespoonfuls of butter, one teaspoonful of salt, half a cake of compressed yeast. Have the milk blood warm and add the butter melted, the eggs well beaten, and the yeast dissolved in three tablespoonfuls of cold water. Pour gradually on the flour and beat into a smooth batter, then add the salt and sugar. Butter the baking pans and pour batter in to depth of about two inches. Let rise two hours in a warm place. Bake half an hour.

### Spider Johnny Cake.

One and two-thirds cups of cornmeal, one-half cup flour, one-quarter cup of sugar, one teaspoonful salt. Sift together and add two eggs well beaten and a cup of sour milk, and a cup of sweet milk in which one teaspoonful of soda has been dissolved. Stir thoroughly. Put one tablespoonful of butter into a hot waffle iron. When melted, pour in the batter and place the spider on the lower shelf of the oven. Pour over the batter another cupful of sweet milk without stirring. Bake from twenty minutes to half an hour.

### Waffles.

Mix and sift one and three-fourths cupfuls of flour, three even teaspoonfuls of baking powder and one-half teaspoonful of salt. Add gradually while stirring constantly one cupful of milk, the yolks of two eggs well beaten until thick, one tablespoonful of melted butter and the whites of two eggs beaten until stiff. Cook on a greased hot waffle iron and serve hot.

### Raised Waffles.

One pint milk scalded and cooled, one-quarter of a yeast cake dissolved in one-third cup of water, one pint flour sifted, one-half teaspoonful salt, two eggs, yolks and whites beaten separately, one tablespoonful butter softened. Mix at night the milk, yeast and flour. In the morning add the salt, eggs and butter and bake in hot waffle iron.

### French Toast.

Break four eggs in a dish; salt, pepper and beat well. Slice bread thin and dip quickly in the egg. Fry a deep brown in hot butter. Serve hot.

### Why Physicians Prescribe Vinol.

The reason so many physicians now prescribe Vinol is because they know it to be a pure cod liver and iron tonic with all its ingredients named on the label and that there is nothing better for run-down, weakened conditions and pulmonary troubles.

**F**OLLOWING we publish, by request, extracts from a few of the many letters recently received praising VINOL. Such voluntary expressions of approval from strangers, is the very best recommendation any preparation can have.

#### **Tired, Run-Down and Nervous — Vinol Restores Health.**

Miss Alta Abel, of West Baden, Ind., says: "I was a complete wreck, always tired, run down and nervous. I had to spend about one-third of my time in bed and my life was not worth living. Vinol, your delicious cod liver and iron tonic was recommended, and it has done me more good than all the medicine I ever took in my life. That nervous and tired feeling is all gone. I have gained in health, flesh and strength, until I feel like another person."

#### **Sufferer from Bronchitis Finds Health in Vinol.**

Mrs. Frank H. Uline, of West Sand Lake, N. Y., says: "For a number of years I was a great sufferer from bronchitis. I was advised by my druggist to try Vinol, which I did, with wonderful results. My cough has left me. I have gained in weight and appetite and I am as strong as ever I was. I advise all who have bronchitis, chronic coughs or who are run down to try Vinol."

#### **Daughter Tells How Vinol Strengthened Elderly Mother.**

Mrs. James McCormick, of Cohoes, N. Y., says: "My mother is an elderly lady, and after having pneumonia did not seem to recover her strength. She was so weak she could hardly get from her room into the living room. I commenced to give her Vinol and in a short time she had regained her strength so she could get around anywhere."

#### **After Grippe — Vinol Made Her Strong and Well.**

Mrs. A. A. Crabill, of Strasburg, Va., says: "Grippe left me weak, run down and with a severe cough from which I suffered four years. I tried different remedies, but nothing seemed to do me any good until I took Vinol, from which I received great benefit. My cough is gone and I am strong and well again."

#### **A Mother's Advice Regarding Delicate Children.**

Mrs. Wm. Archer, Long Branch, N. J., says: "I wish every mother knew what Vinol will do for delicate children. My fourteen-year-old daughter was very thin and delicate, nervous, did not sleep well, had very little appetite and doctors did not help her. But Vinol helped her wonderfully. Her appetite is greatly improved, her cough is gone, and she has gained in weight."

#### **Stomach Trouble of Five Years Yields to Vinol.**

Mrs. L. D. Cook, Vineland, N. J., says: "I was sick five years with indigestion. I tried a great many doctors, and a great many kinds of medicine, but nothing did any good until I took Vinol. It has helped me wonderfully. I feel better and am getting my flesh back again."



## More Endorsement for VINOL

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### **"Run-Down, Weak and Nervous. Restored to Health by VINOL"**

Geo. B. Smith, of Smithville, Ont., says: "I was completely run down. My nerves and stomach were out of order. I could eat very little and then only certain things. I had pains all through my body and felt so weak that I could not work. I was pale and thin and none of the medicine that I took seemed to do me any good. Seeing Vinol advertised I sent and got a bottle. I soon felt much better and after taking five bottles felt as well as ever. I owe it all to Vinol and take pleasure in recommending it to all who are run down in health."

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### **"Chronic Bronchitis Yields to VINOL"**

Mr. Thomas Higgins, of Bluevale, Ont., says: "I was sick for two years with chronic bronchitis. My system was run down and none of the medicine that I took seemed to help me at all. I was so weak that I was unable to do my work without resting frequently. I was recommended to try Vinol and from the second bottle I commenced to improve and gained twenty-seven pounds. I can heartily recommend Vinol to anyone needing a good building-up tonic."

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### **"Run-Down to a Critical Point. Restored to Perfect Health by VINOL"**

Prof. James Mitchell, Jasper, Ont., says: "I used five bottles of your excellent remedy, Vinol, and must say it is a truly wonderful tonic. My system was run down to a critical point. A friend told me to try Vinol. I did so and to-day am enjoying perfect health. Its curative powers cannot be too strongly extolled."

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### **"VINOL Beneficial as a General Tonic"**

Mrs. E. Ratelle, Montreal, Quebec, says: "I have used that excellent preparation, Vinol, and have found it so beneficial as a general tonic and builder of the system that it is a great pleasure to recommend it to others."

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### **"No Other Medicine Equals VINOL"**

The Rev. George W. Ruland, of Keene, N. H., says: "I have used your cod liver preparation, Vinol, as a tonic, and I do not believe there is any other medicine that can equal it. It built me up and strengthened me when run down and overworked. Vinol has done for me more than was claimed for it."

## How to Treat Constipation

A great London physician once said "More than half the sickness, especially of women, is caused by constipation."

The waste matter from the food if not discarded, ferments in the bowels, is carried back through the blood, and poisons the system.

### Avoid Purgatives

You must avoid strong purgatives like pills, salts and powerful physic. The symptoms produced by violent cathartics, with pain and griping, show that their effect is similar to that of poisons. Moreover, purgatives relax and weaken, and the more you take, the less effect they will have upon you. After the violent movement and pain, the bowels are left exhausted and weak. This is no cure, for the bowels become more sluggish and the trouble is thus aggravated.

### Vinlax for Constipation

There is no medicine made, one dose of which will cure constipation. The bowels must have a regular tonic treatment, and the liver stirred out of its lazy, inactive condition.

This requires a little time and systematic attention. One dose of Vinlax may not move your bowels next morning, but its persistent use night and morning for a while will strengthen the impoverished nerves of the intestines, and increase the activity of the liver—and thus overcome constipation.

### For Children

Vinlax is especially good for children. It is gentle and cannot hurt them. You should not give to children cathartics, strong laxatives or poisonous pills which do mischief even to older people. Many deaths have been caused by giving children purgatives too violent for their tender, young bowels. It is absolutely impossible for Vinlax to harm a child—it always does good.

The testimonials from notable people published in this book show that the fame of Vinol has spread far and wide, having completely outgrown this limited locality. This is additional evidence that Vinol is immensely superior to any other tonic or cod liver oil preparation in the world.

# VINOL

## Pourquoi Le Vinol Est-il Un Bon Tonique

Parce que c'est un fait bien connu que l'huile de foie de morue et le fer sont les deux toniques très efficaces: le fer pour enrichir le sang et les éléments médicaux contenus dans l'huile de foie de morue, pour redonner des forces au corps, comme reconstituant des nerfs, et pour le traitement efficace des maladies de la gorge ou des poumons.

L'huile de foie de morue vieux genre et les émulsions avaient toujours un défaut sérieux, c'était cette huile épaisse, grasse que beaucoup de personnes ne pouvaient digérer. Pour surmonter cet obstacle, deux remarquables chimistes français, après des années d'études et d'expériences, ont découvert le moyen de séparer les éléments médicaux contenus dans l'huile de foie de morue, de l'huile. On a ajouté à ces éléments médicaux du peptonate de fer, en combinant ainsi dans le VINOL, sous la forme la plus agréable ces fameux éléments, c'est-à-dire les éléments médicaux de l'huile de foie de morue et le peptonate de fer sans une goutte d'huile ou de graisse.

Le VINOL, a un goût délicieux, s'assimile facilement et est agréable aux estomacs les plus débiles. Les enfants l'aiment.

C'est à cause de ces raisons que le VINOL est très recommandé pour le traitement de la toux, des coups de froid, des bronchites, et des maladies de la gorge et de la poitrine et aussi comme un reconstituant et fortifiant pour les personnes âgées, les enfants délicats, les personnes affaiblies et pour redonner des forces après les maladies.

## Mode d'Emploi

Pour adultes : Une cuillerée à bouche à chaque repas.  
Pour enfants : Une dose réduite en proportion de l'âge.

# Paxtine

## A Soluble Antiseptic Powder

Better and more economical  
than liquid antiseptics for  
all toilet and hygienic uses

### Does More Than Tooth Powder.

Everyone who cares for attractive white teeth, free from tartar and decay, healthy firm gums, an antiseptically clean mouth and throat, always free from bad breath, dirt and diseased germs, and a pure breath should try Paxtine.

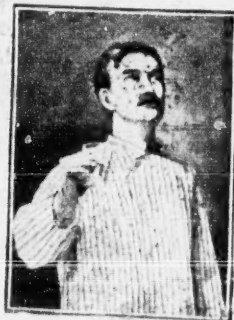
A little Paxtine dissolved in hot water makes a strong antiseptic solution of extraordinary cleansing, germicidal and deodorizing powder—perfectly harmless and most economical. There is nothing like it.

**For Teeth** Paxtine excels in cleaning and preserving the teeth, removing tartar and hardening the gums. It destroys all germs of decay and disease. Does more than tooth powders.



**Catarrh** may be successfully treated with warm douches of Paxtine Solution. It is very soothing, cleansing and healing.

**For Mouth** Paxtine disinfects the mouth and kills the germs which cause the teeth to decay, sore throat, bad breath, grippe, and much sickness.



Send Postal For Free Sample  
25 cts. and 50 cts. a Box  
AT DRUGGISTS

Or the **Large** Box will be mailed  
post paid on receipt of 50 cts.

**The Paxton Toilet Co.**  
BOSTON, MASS.



**After Smoking** Paxtine removes that "dark brown taste," antiseptically cleanses the mouth, removes all odor.

**Sore Eyes.** The Eyes when inflamed, tired, and burn, may be relieved and strengthened by Paxtine.

**For Douches** Paxtine is wonderfully successful as a germicidal antiseptic in local treatment of feminine ills. Heals Inflammation and Uterine Catarrh.



# Give them Vinol



THE DELICIOUS COD LIVER AND  
IRON TONIC WITHOUT OIL

Feeble Old People, Delicate Children, Frail  
Women, all Weak, Run Down Persons and  
those who suffer with Chronic Coughs, Colds  
and Bronchitis.

—GET IT AT THE VINOL STORE



